
“Festive Family Thanksgiving Cookbook”

Candied Yams With Pineapples And Dates

Serves 8, Preparation time 30 minutes, Cooking Time 15 minutes

4 cups or 1½ pounds of yams, cooked, peeled, cubed

1 lb. 4 oz. can of crushed pineapple in its own juice

1 cup chopped dates

½ tsp. ginger

In a medium saucepan, cook yams in their skins in boiling water for 20 minutes or until a knife slips through easily. They should be tender, not mushy. Set aside to cool.

Pour can of pineapple into a medium saucepan with the dates and ginger. Cover and cook until dates soften, about 5 minutes. Uncover and reduce heat. Simmer a few minutes longer. Remove pan from hot burner.

Peel and slice the cooked yams into 1-inch cubes. Add to the pineapple-date mixture. Gently mix and heat thoroughly about 5 to 7 minutes. Serve warm.

Nutrition Facts Per Serving: 194 Calories , 13 mg. Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

